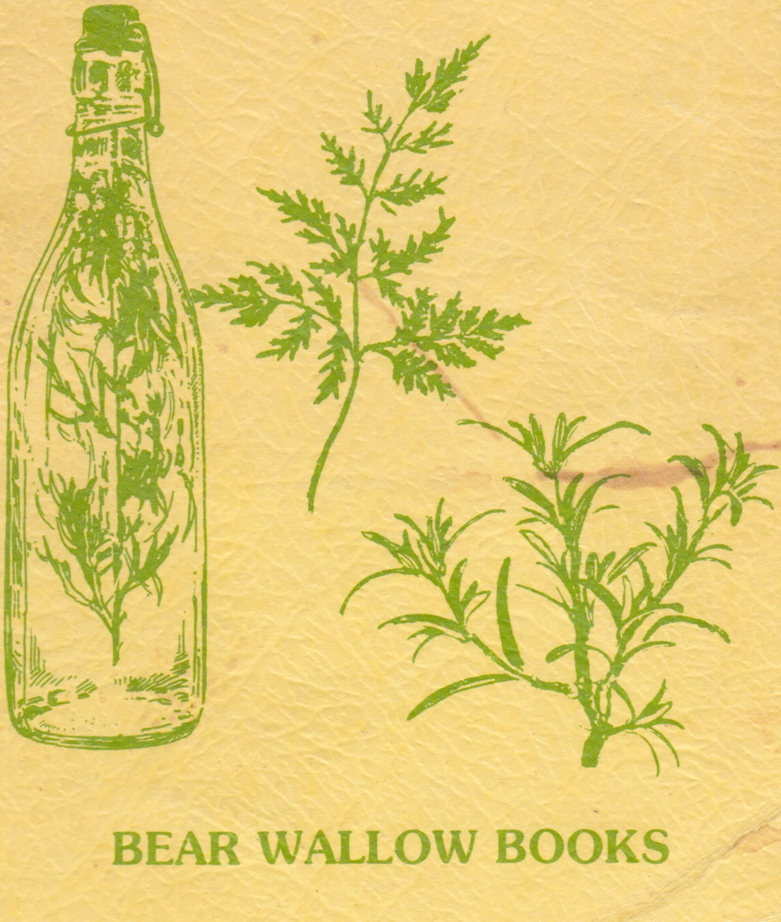
Old-Fashioned
HERB
Recipes



BEAR WALLOW BOOKS

Common Herbs Usage Chart

Anise— cookies, rye bread, apple pie, coffee cake, sausage, cabbage slaw, poultry, pickles, cakes, candies, desserts, meat loaf.

Basil— deviled eggs, omelettes, meat loaf, hamburgers, tomato sauce, gravy, barbecue sauce, tomatoes, broccoli, spinach, zucchini soups, jellies, fish, poultry stuffing, Italian dishes, salads, salad dressings, peas, corn, green beans, cheese dishes.

Bay— soups, stews, beets, carrots, fish, meat, poultry, meat loaf, baked fish, custard.

Caraway seeds— rye bread, cabbage slaw, potatoes, carrots, beans, tomatoes, cakes, cookies, apple pie, salads, salad dressings.

Chervil— salads, soups, sauces, egg and fish dishes, as a garnish.

Chives— cottage cheese, creamed cheese, egg dishes, fish, pork, salads, potatoes, soups, as a garnish.

Dill— salads, salad dressings, vegetables, pickles, soups and stews.

Coriander— breads, cakes, desserts

Fennel (seeds)— bread, poultry, sausage, pork, liver, fish, soups, salads, vegetables, veal, sauerkraut.

Marjoram— pizza, egg dishes, squash, tomatoes, Italian dishes, beef, pork, lamb, poultry, soups, stews.

Mint— (There are numerous varieties) beverages, lamb, veal, fish, vegetables, soups, jellies, fruits, desserts, mellon, cole slaw; as a garnish.

Lemon balm— Beverages, fruits, salads, as a garnish, for sauces.

Oregano— salads, Italian dishes, spaghetti, soups, stews, cabbage, tomatoes, potatoes, lamb, pork, poultry, egg dishes, green beans, spinach, cheese spread.

Parsley— as a garnish; in salads, soups, stews, vegetables, cheese.

Rosemary— fruits, breads, soups, stews, beef, pork, lamb, poultry, zucchini, potatoes, spinach, jellies.

Sage— stuffing, pork sausage, fish, cheese, soups, stews, chowders, tomatoes, lima beans, pickles.

Summer savory— beans, vegetables, stews, fish, veal, beef, egg dishes.

Tarragon— cheese, sauces, asparagus, vinegar, soups, stews, salads, poultry, fish, vegetables, egg dishes.

Thyme— cheese, egg dishes, salads, seafoods, beef, veal, omelettes, soups, poultry, potatoes, tomatoes, beets, carrots, apple pie, apple dishes, custards.

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BEAR WALLOW BOOKS

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Why Herbs?

Why use herbs? For the same reason that our pioneer ancestors used them: herbs were (and still are today) highly valued as culinary seasoning, deodorizers, insect repellents, perfumes, cosmetics, medicines, dyes.

Housewives in every log cabin, southern plantation mansion, New England cottage or farmhouse, had a ''kitchen'' or herb garden for dressing up bland foods, keeping away insect pests, etc.

Herb culture greatly predated early America, of course, having been widespread in Biblical times, in Medieval Europe and throughout the Far East and South Asia. Our earliest settlers brought their herb culture with them from Europe. The American Indian introduced them to many other herbs.

Herbs Repel Insects

Our early American homemakers well knew that the herb tansy planted near doorways would help to keep flies, mosquitoes, and other insects out of the house. They knew that anise is a deterrent to fleas, ticks, and mites that prey on dogs, cats, and other household pets; that coriander helps control spiders and cotton aphids, that peppermint will repel the cabbage fly, that summer savory improves the growth and flavor of onions, that basil protects tomato plants from insects and disease, that rosemary helps control garden slugs and snails . . .

What our early American ancestors also knew was that cooking with herbs enhanced and highlighted the most bland foods, added interest and distinction to food flavors, and produced fascinating tastes and aromas.

Herbs cut the Grocery Bill

Today, cooking with herbs not only enhances food flavors, it can decrease the cost of the foods you buy. With a knowledge of herbal flavors, you can prepare simple yet mouthwatering sandwich spreads, salads and salad dressings, sauces, vinegars, herbal teas, butters and many others instead of buying many of the expensive commercially prepared foods.

Where to Buy Culinary Herbs

You can buy herbs already commercially prepared in dried and crushed form at most supermarkets and health-food stores. However, fresh herbs grown in your own kitchen garden, window boxes, or in flower pots are much preferred. The flavor of fresh herbs is superior, and the price is less! Contrary to popular thought, many common herbs are easy to grow and require little cultivation. There are numerous manuals and primers for novice herb growers these days. Contact your local library, bookstore, or greenhouse. Many greenhouses and florists also sell potted herbs for easy transplanting.

How to Learn Herb Flavors

An easy method for savoring different herb flavors is to experiment by placing a half teaspoonful of cream cheese on several saucers. Mix a different herb (only a pinch) into each teaspoonful of the cream cheese, labeling each. You'll thus have a much better idea which herbs you want to try in certain foods. Canned soups provide another good way to experiment with herb flavors.

Herb Vegetable Dishes

Dilled Potatoes

6-8 new potatoes
1 tsp. salt
6 sprigs fresh dill
3 Tbs. butter or margarine
3 Tbs. fresh chopped dill

Wash potatoes, halve. Place in a medium saucepan, cover with water. Add salt and dill sprigs. Bring to a boil, then simmer 20 min. Drain off water and discard dill sprigs. Mix melted butter and chopped dill and pour over potatoes.

Apple-Onion Herb Casserole

6-8 slices bacon, sauteed, crumbled
3 cups sliced apples
2 cups sliced onions
1/2 cup bread crumbs
1/2 tsp. salt
1/2 tsp. dried thyme
3/4 cup hot water
butter

In a bowl gently combine all ingredients, (except hot water). Pour into a casserole dish and pour hot water over dish. Dot with butter slivers. Cover dish and bake in 375° F. oven 30 minutes. Remove cover and bake 10 more minutes.

Zucchini Herb Casserole

8 med. zucchini, sliced thickly
4 med. green tomatoes, cut in 1'' chunks
6 med. onions, sliced
4-5 green peppers, cut in 1'' chunks
4 fresh mature red tomatoes, peeled, & cut into chunks with juice
1/2 tsp. salt
1/2 tsp. ground black pepper
4 Tbs. salad oil
fresh parsley, several sprigs
fresh dill, several sprigs
1 clove minced garlic
1 Tbs. dried oregano

Combine ingredients in a heavy bottom pan and cook over medium heat for one hour. Stir occasionally. Stir in herbs. Cook approximately 20 minutes longer. Serve piping hot with fresh herbed bread and tossed herb salad.

Herb-Zucchini Stir-Fry

5 Tbs. butter
3 med. zucchini, sliced
2 med. onions, sliced
2 green peppers, chopped
2 cloves garlic, minced
3 med. ripe tomatoes, cut in chunks

1 1/2 tsps. salt
1/8 tsp. pepper
1 Tbs. fresh basil leaves, chopped
1 tsp. dried oregano
1/4 cup grated Permesan cheese

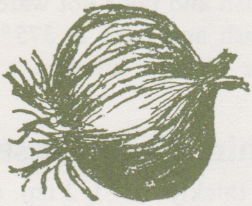
In a large skillet, sauté zucchini, onion, green pepper and garlic in butter. Add salt, papper, tomato chunks and herbs. Cook for several minutes over high heat, stirring frequently. Blend in cheese and serve.

Herb Spinach Bake

1 lb. fresh spinach *OR*
1 10-oz. pkg. frozen
2 eggs beaten
1/3 cup milk
1 cup grated cheddar cheese

1 cup cooked rice
1/4 cup chopped onion
2 Tbs. butter
1/2 tsp. Worchestershire sauce
1 tsp. salt
1/2 tsp. dried thyme

Cook and drain spinach. Set aside. Combine remaining ingredients. Stir in spinach. Pour into casserole dish and bake in 350° F. oven 20-25 min.



Onions with Tarragon

8 med. yellow onions, peeled
1/4 tsp. salt
2 Tbs. butter

2 tsp. freshly chopped chives
1 tsp. finely chopped fresh tarragon *OR* 1/4 tsp. dried
1/4 cup grated cheddar cheese

Place onions in medium saucepan and cover with water. Cook covered 15-20 minutes or until tender. Drain onions and place on a serving dish.

In a separate pan melt butter. Stir in tarragon and cheese. Pour over onions. Garnish with chives and serve.

Herbed Rice

1/4 cup butter	2 1/2 cups chicken broth or stock
1/2 tsp. salt	1 tsp. fresh marjoram, finely chopped
1 cup chopped onion	1 Tbs. parsley, chopped
1/4 cup chopped celery	
2 cups raw rice	

In a large skillet cook the rice, onion and celery with salt and butter for 10 minutes, stirring constantly to keep the rice from sticking. Add chicken broth. Cover and cook over low heat 10-15 min. Remove from heat, stir in herbs, replace lid and let stand 15 minutes.

Lemony Herbed Peas

1 pkg. (10 oz.) frozen peas	2 Tbs. butter
1/2 cup chopped onion	1 Tbs. lemon juice
1/2 cup chopped celery	1/8 tsp. ground marjoram

Cook peas according to package directions and drain. Sauté chopped onions and celery in butter in a skillet. Add cooked peas, lemon juice and marjoram to skillet. Heat through, mixing ingredients thoroughly. Serve.

Mint-Glazed Carrots with Peas

4-5 med. carrots	1/4 cup butter
2 cups fresh peas	1/2 Tbs. fresh mint leaves, chopped
2 Tbs. butter	Salt and pepper
2 Tbs. sugar	

Cut carrots in strips. Cook in boiling, salted water about 15 min. Drain. Cook peas in boiling, salted water 8-10 min. Drain. To the peas add 2 Tbs. butter, and salt and pepper to taste. In a small bowl combine the sugar, the one-fourth cup butter, and chopped mint leaves. Glaze carrots with this sauce. Place peas in a serving dish. Border with the carrots.

Chilled Herb Spinach Ring

5 strips bacon, fried crisp, crumbled	2 Tbs. vinegar
1 10-oz. pkg. frozen spinach, chopped	1 tsp. salt
1 3-oz. pkg. lemon gelatin	1/2 tsp. dried basil
1 cup boiling water	1/2 tsp. dried oregano
	1 lg. (16 oz.) cup unflavored yogurt

Prepare spinach according to package directions. Drain and let cool. Dissolve gelatin in the boiling water. Add vinegar and salt. Let cool and stir herbs into cup. Then stir cup with gelatin mixture and herbs slowly into yogurt in mixing bowl. Add spinach and crumbled bacon. Pour into 8-inch oiled ring mold. Refrigerate at least 3 hrs. Unmold, garnish with fresh parsley.

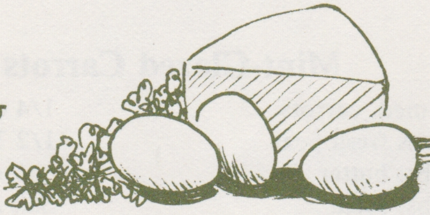
Beets with Caraway Seed Sauce

(Can be used for carrots, potatoes, parsnips)

1 can (16 oz.) whole beets
2 Tbs. Caraway seeds
1/4 cup water
1/4 cup butter
2 Tbs. grated onion
1/4 tsp. salt
2 tsp. lemon juice

In a small saucepan heat caraway seeds in the water until the water is absorbed. Melt butter in a skillet and sauté seeds and onion lightly. Stir in salt and lemon juice. Pour over hot cooked beets.

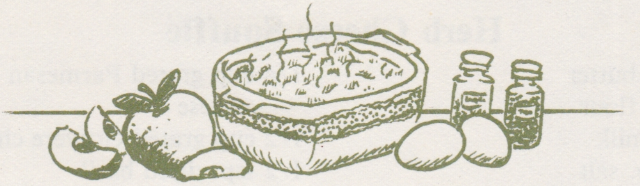
Herb Cheese-Egg Dishes



Apple Herb Omelette

1 Tbs. butter
2 med. tart apples, peeled,
    cored, diced
1 Tbs. lemon juice
1 small onion, finely diced
1/4 tsp. dried thyme
1 1/2 Tbs. butter
4 eggs, beaten
1/2 tsp. salt

Sprinkle lemon juice over diced apples. Combine apple and onion. Sauté several min. in small skillet. In another medium-sized skillet melt butter. Combine salt and beaten eggs and pour into hot skillet with butter. Keep heat low. Let egg mixture cook, lifting edges with spatula to allow the uncooked egg on top to run onto skillet surface. When entire egg mixture is lightly cooked, sprinkle apple-onion mixture on the omelette. Fold omelette over and serve.



Herb Apple Cheese Casserole

2 cups tart apple, finely chopped,
1/2 cup onion, finely chopped
1/4 cup butter
1/4 tsp. powdered garlic
1/4 tsp. dried thyme
1/4 tsp. dried marjoram
2 strips bacon
4 Tbs. flour
1 tsp. salt
1 cup lukewarm milk
1 cup grated cheese
1/4 cup walnuts, finely chopped
4 egg yolks
6 egg whites
1/4 tsp. cream of tarter

Sauté apples and onions in butter, with garlic, thyme and marjoram for about 3 minutes. In separate skillet fry bacon until brittle and place on paper towel to drain. Crumble finely, set aside. To apple skillet stir in four, salt and milk gradually, cooking and stirring over low heat. Beat until very creamy. Stir in cheese, nuts and bacon bits. Beat egg yolks well and stir in. Beat egg whites with cream of tarter until stiff and form peaks (not dry) and fold into mixture. Pour into buttered deep dish casserole that is lightly floured. Place in preheated 350° F. oven 45 minutes.

Herb-Mushroom Custard

1 lb. fresh mushrooms
3 Tbs. butter
1 Tbs. chopped chives
1 clove garlic, crushed
1 Tbs. minced onion
1/2 tsp. thyme
3 cups chicken broth
1 cup white wine
1/2 tsp. salt
1/8 tsp. ground black pepper
3 cups thick cream
2 eggs, beaten
2 egg yolks

Sauté whole mushrooms in butter with chives, onion, garlic and thyme. (Put through blender.) Add broth, wine and seasonings, cook for 10-15 minutes over low heat. Let mixture cool and pour into mixing bowl. Stir in cream, eggs and egg yolks. Pour into buttered custard cups. (Place in pan of 1'' hot water.) Bake in 350° F. (preheated) oven 30-40 min. Garnish each cup with dash of nutmeg before baking.

Herb Cheese Soufflé

3 Tbs. butter
2 Tbs. flour
1 cup milk
1/2 tsp. salt
1/8 tsp. pepper
1/4 cup grated Parmesan cheese
1/2 cup grated Gruyère cheese
1/2 tsp. dried basil
4 egg whites, beaten stiff

Melt butter and blend in flour, stirring constantly over low heat. Heat milk to just below boiling point and add to flour mixture, stirring and cooking. Add salt and pepper. Stir in grated cheeses and beaten egg yolks. Blend until mixture is smooth and creamy. Stir in basil. Fold in egg whites. Pour into well-buttered, flour-dusted soufflé dish. Bake in 350° F. oven 20-25 min.

Herb Cheese Pie

1 unbaked 9'' pie shell
2 med. onions diced
2 Tbs. butter
1 cup cheddar cheese, grated
3 eggs, beaten
Dash salt
1 1/2 Tbs. flour
1 can 18 oz. cream of celery soup
1/2 cup milk
1/2 tsp. dried thyme
1/2 tsp. basil

Sauté onions in butter and spread evenly in bottom of pie crust. Sprinkle cheese over onions. In separate bowl blend eggs, salt, flour, soup, milk and herbs. Pour over cheese. Bake in 350° F. oven 45 min.

Meat-Fish-Fowl with Herbs

Meat Loaf with Herb Sauce (Below)

1 1/2 lbs. ground beef
1/2 lb. ground pork
1 cup bread crumbs
4-5 Tbs. milk
1 med. onion, minced
2 eggs, beaten
1 1/2 tsps. salt
1/4 tsp. pepper
1 cup tomato sauce

Combine ingredients and shape into 2 loaves. Place in a shallow baking pan and bake in 350° F. oven one hour. Remove pan from oven and pour herb sauce over loaves. Return to oven and continue baking 30 min. longer.

Herb Sauce

2 Tbs. olive oil
1 med. onion, chopped
1 clove garlic, crushed
2 cups cooked tomatoes, chopped
1/4 cup tomato purée or paste
1 tsp. salt
1/8 tsp. pepper
1 tsp. sugar
~~1 tsp. sugar~~ 1 Bay leaf
2 Tbs. fresh basil, chopped

Lightly sauté onion and garlic in oil. Add tomatoes, purée, salt, pepper, sugar and bay leaf. Cook an hour over low heat until sauce is thick. Add basil, stir. Pour over meat loaf.

Baked Fish with Fennel

For this recipe use fresh fennel stalks or the root sliced thinly.

1/4 cup olive oil
1 med. onion, sliced
1/2 lb. fennel, fresh, sliced
3 med. ripe tomatoes, peeled seeded, cut in chunks
1/4 cup tomato juice
2 lbs. fish fillets
1/4 tsp. salt
1/8 tsp. pepper
1/4 cup bread crumbs

Sauté onion and fennel slices in 2 Tbs. olive oil. Add tomato chunks, juice and cook over med. heat approximately 10 minutes. Pour into baking dish and place fish on top. Salt, pepper and sprinkle bread crumbs over fish. Drizzle remaining olive oil over crumbs. Bake in 350° F. oven 35 minutes.

Baked Pork Chops with Apple and Sage

3 Tbs. vegetable oil
6 lg. thick pork chops
1/4 tsp. salt
1/4 tsp. dried sage
2 cups apples, peeled, sliced
2 Tbs. lemon juice
2 green onions, finely chopped
1/4 cup dark molasses
3 Tbs. flour
2 cups water
1 Tbs. vinegar

Sprinkle salt and sage over pork chops and brown in a skillet with hot fat. Arrange in a casserole dish. Pour lemon juice over apple slices and spread slices and chopped onion evenly over pork chops. Drizzle molasses on apples and onions. Add flour to fat remaining in skillet and cook several minutes, stirring constantly. Add water and bring to a boil (continue stirring). Add vinegar. Pour over meat and apples. Cover dish with foil or lid and bake in 350° F. oven 50-60 minutes.

Broiled Tarragon Chicken with Lime

4 chicken breasts
1/2 tsp. salt
2 twists freshly ground black pepper
2 shallots (*or* onion) finely chopped
1 cup vegetable oil
1 cup fresh lime juice (6 limes)
4 Tbs. fresh tarragon *OR* 4 tsps. dried.

Halve, debone and skin chicken breasts. Sprinkle each piece with salt and pepper. In a medium bowl shallots, oil, juice and tarragon. Immerse chicken breasts in marinade, cover bowl and refrigerate 4-6 hours. (Remove bowl from refrigerator an hour before broiling chicken.) Arrange chicken pieces in shallow baking dish and baste with marinade. Place under broiler approximately 4 minutes. Then turn chicken pieces. Baste again with marinade and broil 4 more minutes. Serve immediately.

Herb Baked Chicken with Lemon

2-2 1/2 lb. chicken cut into pieces
1 clove garlic, crushed
1/2 tsp. salt
Dash freshly ground pepper
2 tsps. finely chopped fresh rosemary leaves, *OR* 1 tsp. dried
1 Tbs. shallots, finely chopped
1 tsp. grated lemon rind
juice from 1 lg. lemon
1/2 cup chicken broth or bouillon
butter slivers

Arrange chicken pieces in a casserole dish. In a small bowl combine garlic, salt, pepper, rosemary, shallots and lemon rind. Sprinkle evenly over chicken pieces. Squeeze and the fresh lemon juice and broth over chicken. Dot with butter slivers. Do not cover casserole dish. Bake in 400° F. oven 30 min. Remove from oven to baste and turn chicken pieces. Return to oven and bake 30 more min.

20 mins

Roast Pork Rosemary

1 4-5 lb. loin roast
2 cups apple cider
2 cloves garlic, crushed
1 Tbs. fresh rosemary leaves *OR*
1 tsp. dried rosemary
1 bay leaf

In a large bowl combine cider, garlic, rosemary, and bay leaf. Place roast in marinade and refrigerate overnight. Drain roast. Place on rack in shallow pan. Bake in 350° F. oven 2-2 1/2 hours. Baste frequently.

Roast Pork Fennel

1 3-4 lb. pork roast
1 clove garlic
salt
pepper
1 Tbs. fennel seeds, crushed
1/2 cup chicken broth

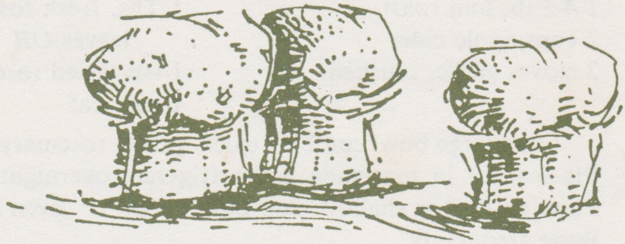
Rub roast with a cut clove of garlic. Sprinkle with salt and pepper. Rub roast with fennel seeds. Place roast fat side up in a shallow, greased baking pan. Preheat oven to 400° F. Bake uncovered 30 min., basting frequently. Turn roast fat side down and bake 30 more min., basting as before. Drain off fat. Pour broth over roast. Cover pan with foil (loosely) and bake approximately 40 min. more.

Tarragon Chicken

3-3 1/2 lb chicken, cut in serving pieces
1 tsp. salt
4 Tbs. butter
1/2 cup chopped onions
1/2 tsp. freshly minced tarragon leaves
1 tsp. freshly minced chervil leaves
1 cup apple juice or cider

Sprinkle chicken with salt, and brown chicken in butter. Remove browned chicken from skillet and quickly sauté onions with herbs. Return chicken pieces to skillet and pour apple cider over all. Cover skillet and simmer approximately 30 miutes or until chicken is tender. Served with buttered rice.

Herb Breads



Old-Fashioned Potato Rolls with Rosemary

1 cake yeast
1/4 cup warm water
1 cup potato water
1/2 cup butter, softened
1/2 cup sugar
1/2 tsp. salt
2 eggs, beaten
4 cups all-purpose flower
1 Tbs. fresh rosemary
leaves, or 1 tsp dried

Dissolve yeast in the warm water. Set aside. In a medium bowl combine potato water and butter blended with the sugar and salt. Stir in dissolved yeast, then beaten eggs. Gradually stir in flour into which you have blended the rosemary. Shape dough into a ball and knead 5-8 minutes until smooth and elastic. Set in a warm place and let rise to double in bulk. Punch down and shape into balls an inch in diameter. Place on greased baking sheet. Let rise to double in size. Bake in 375° F. oven 15-18 minutes.

Swedish Anise Bread

2 pkgs. dry yeast
1 1/2 cups warm water
1/3 cup sugar
1 Tbs. salt
4 Tbs. dark molasses
2 Tbs. butter, melted
2 Tbs. grated orange peel
1 Tbs. anise seed
1 Tbs. caraway seed
2/3 cup chopped raisins
2 cups rye flour
3 cups all-purpose flour

In a large mixing bowl sprinkle yeast into the warm water and let dissolve 5 min. Stir in sugar, salt, molasses, butter, orange peel, herbs, and chopped raisins. Gradually stir in flour until dough is soft but not sticky. Knead 5-8 min. Cover bowl with a cloth and let dough rise about 30 min. or until double in size. Knead down. Shape into two loaves and place in greased loaf pans. Or you may wish to form into two ovals and place on a greased cookie sheet. Cover loaves with a cloth and let rise to double in bulk for about an hour. Bake in 375° F. oven 30-35 min.

Dark and Pungent Herb Bread

2 pkg. dry yeast
1/2 cup warm water
1-1 1/2 cups all-purpose flour
2 cups whole-wheat flour
1 cup rye flour
1 Tbs. sugar
1 tsp. salt
3 cloves garlic, crushed
1/2 tsp. dried rosemary
1/4 cup butter, melted
1 cup hot water

Dissolve yeast in the 1/2 cup water. Set aside. In a large bowl combine flours (do not sift), sugar, salt, garlic and rosemary. Gradually stir in melted butter and cup of hot water. Beat mixture well after each addition of liquids. Dough should be stiff. Add the extra 1/4 to 1/2 cup all-purpose flour if needed to make dough stiff. Place dough on floured bread board and knead 8-10 minutes until smooth in texture. Place dough ball in greased bowl. Cover and let rise in warm place to double in bulk. Punch down. Shape into loaf; place in loaf pan. Cover and let rise an inch above pan top. Bake 400° F. oven 35-40 minutes.

Squash Herb Biscuits

1 pkg. dry yeast
1/2 cup warm water
1 cup milk, scalded
2 eggs
1/4 cup butter, melted
3/4 cup sugar
1/2 tsp. salt
1 tsp. dried rosemary
1 cup yellow squash, puréed
4 cups unbleached flour

Sprinkle yeast into the 1/2 cup warm water and let dissolve. In a separate mixing bowl stir together milk, eggs, butter, sugar, salt, rosemary and puréed squash. Then add dissolved yeast. Gradually stir in flour until batter becomes soft. Let rise 1 1/2 hours. Shape into biscuits and place on greased cookie sheets. Let rise to double in bulk. Bake 25 min. in 425° F. oven.

Herb Cheese Bread

1 pkg. dry yeast
1/4 cup warm water
1 cup milk
3 Tbs. veg. oil
3 1/2-4 cups flour
2 Tbs. sugar
1 1/2 tsps. salt
1 Tbs. sesame seeds
1 tsp. garlic salt
1 egg, beaten
2 Tbs. butter, melted
2 Tbs. grated Parmesan cheese
Dash paprika

Sprinkle yeast in 1/4 cup warm water and let dissolve. Combine and heat milk and vegetable oil. Do not boil. Then let cool. In large mixing bowl combine flour, sugar, salt, sesame seeds and garlic. Gradually add milk-oil mixture to flour mixture along with egg. Beat after each addition. Dough should be soft but not sticky. Add another Tbs. flour if necessary. Place dough on floured bread board and knead 3-4 min.

Place dough in greased bowl. Cover and let rise to double in bulk. Punch down. Cover and let rise to double again. Punch down and shape into round loaf. Place in round casserole dish. Drizzle melted butter over top and sprinkle with grated cheese. Dash with paprika. Cover and let rise to double in bulk. Bake in 400° F. oven 25-30 min.

Hannah's Herb Bread

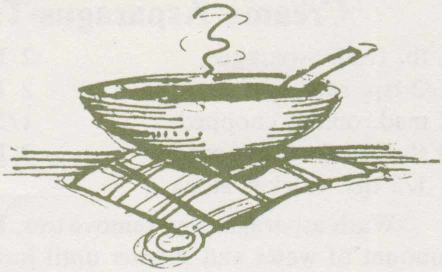
2 pkgs. dry yeast
1/4 cup warm water
1 cup milk
4 Tbs. butter, melted
4 Tbs. sugar
2 tsp. salt

2 eggs. lightly beaten
1/4 tsp. dried oregano
1/4 tsp. dried thyme
1/4 tsp. dried basil
1/2 tsp. nutmeg
* 5-6 cups unbleached flour (sifted)

Sprinkle yeast in 1/4 cup warm water and let dissolve 5 min. In a small saucepan scald milk. In a large bowl mix butter, sugar and salt. Add milk, and let cool to lukewarm. Stir in eggs, then dissolved yeast. Crumble the herbs and stir into mixture, along with nutmeg. Gradually add flour, stirring well after each addition. Add 5 cups to make a soft dough. If dough is still too moist for kneading, add whatever portion is needed of other cup.

Place dough ball on a floured surface on board. Knead 5-8 minutes until dough becomes smooth. Place in a greased bowl, cover with a damp cloth and put in a warm place to rise. Let rise to double. Then punch down. Divide in two and shape into loaves. Place in greased loaf pans. Put pans in warm place and let rise until dough is rounded an inch above pan. Bake 35-40 minutes in 375° F. oven.

Soups



Herb Chicken Vegetable Soup

1 cup celery, chopped
1 cup carrots, sliced
1 cup frozen peas
1 1/2 tsp. salt
2 qts. chicken stock
or broth (bouillon)
2 cups deboned chicken, diced
1 pkg. frozen noodles
1 tsp. dried rosemary
1 tsp. dried thyme
2 egg yolks

In a large saucepan or soup kettle bring first five ingredients to a boil. Then add chicken, noodles and herbs. Continue cooking over medium heat until vegetables and noodles are done. Place egg yolks in a small pan and mix in a cup of the hot broth. Stir this into soup. Sprinkle with herb croutons just before serving.

Herb Cream of Tomato Soup

5-6 tomatoes, skinned, seeded
and cut in chunks
1/2 cup chopped celery
1 med. onion chopped
1/2 tsp. salt
2 tsps. brown sugar
3 Tbs. chopped fresh basil
1 Tbs. chopped fresh thyme

CREAM SAUCE:
1 stick butter
1/2 cup flour
1 qt. milk, scalded

Combine ingredients (except basil and thyme) in large saucepan, cover and cook over low heat 20-25 min. Strain. Prepare cream sauce by melting butter and blending in flour. Then slowly add scalded, cooled milk, stirring constantly. Simmer over low heat until creamy and smooth. Stir into tomato mixture. Approximately 10 minutes before serving, stir in basil and thyme.

Creamy Asparagus-Tarragon Soup

1 lb. fresh asparagus
1/2 tsp. salt
1 med. onion, chopped
4 stalks celery, chopped
1 1/2 qts. chicken stock
2 Tbs. butter
2 Tbs. flour
1/2 cup cream
1 Tbs. freshly chopped tarragon

Wash asparagus and remove tips. Place in saucepan with small amount of water and simmer until just tender. Set aside. Remove tough fibers from asparagus stalks, cut in pieces and simmer half-hour, along with chopped onion and celery. Melt butter in a saucepan and blend in flour, then cream. Add reserved soup stock, asparagus tips and tarragon. Heat (do not boil) for several minutes.

Pumpkin Herb Chowder

2 cups cooked pumpkin
1 qt. chicken broth
1 med. onion, finely chopped
1 can whole kernel corn & liquid
1/4 tsp. salt
1/8 tsp. pepper
1 Tbs. brown sugar
1 cup cream
2 Tbs. freshly chopped basil
1/2 cup julienned ham

Blend cooked pumpkin pulp and broth in large saucepan. Add chopped onion, corn, salt, pepper, sugar and ham. Heat until piping hot, but do not boil. Blend in cream and basil. Cover pan and let stand about 5 min. before serving.

Chicken Vegetable Soup with Anise

1 stewing chicken
flour
4 Tbs. bacon drippings
1 qt. boiling water
2 cups sliced carrots
1 cup. chopped celery
1 med. onion, chopped
4 potatoes, peeled, quartered
4 hard-cooked eggs
1/2 tsp. salt
1 star anise seed

Cut chicken into pieces and dredge in flour. Brown pieces in bacon drippings. Place in a soup kettle with the boiling water and cook until chicken meat is tender and easily separated from bones. Add vegetables, cooked eggs and 1 star anise seed to kettle. Simmer uncovered until vegetables are tender.

Chili with Herbs

- 2 med. onions, chopped
- 1 green pepper, chopped
- 3 Tbs. bacon drippings
- 2 cups cooked tomatoes, chopped
- 1 can red kidney beans
- 1 lb. ground beef
- 1 can cooked spaghetti (optional)
- 1 tsp. salt
- 2 tsps. chili powder
- 1 tsp. dried oregano
- 4 Tbs. fresh coriander, coarsely chopped

Sauté onions and green pepper in the hot fat, using a large skillet. Add beef. Brown well. Add remaining ingredients, except coriander. Cook over low heat 15 minutes. Carnish each bowl with a half tsp. of the chopped coriander.

Herb Vegetable Soup

- 2 med. onions, chopped
- 1 green pepper, finely chopped
- 1 cup chopped celery
- 3 ripe tomatoes, peeled, cut into chunks
- 1 cup sliced carrots
- 1 qt. beef broth
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 tsp. fresh basil, chopped
- 1 tsp. fresh oregano, chopped
- 1/2 tsp. fennel seed, crushed

In a soup kettle or large heavy-bottomed saucepan combine ingredients, except herbs. Bring to a boil, then simmer 10-15 min. (Add 1/2 cup water if necessary.) Stir in herbs and cook about 10 min. Serve with hot garlic bread or toasted bread with herb butter.

Chesapeake Clam Chowder

- 3 slices bacon
- 1 small onion, chopped
- 1 can whole kernel corn
- 1 cup cooked potatoes, cubed
- 1 cup cream
- 1/2 cup milk
- 1 Tbs. butter
- 1/2 tsp. salt
- 1 can minced clams and juice
- 1/4 tsp. dried thyme
- 1/4 tsp. dried oregano
- 1/4 tsp. crushed fennel seeds

Sauté bacon in skillet and remove. Crumble. Sauté onion in bacon fat. Drain off fat. In a large pan combine crumbled bacon, onion and remaining ingredients. Heat but do not boil.

Salads & Salad Dressings

Herbed Potato Salad

5 med. potatoes
1/2 cup chopped celery
1/4 cup chopped onion
1/4 cup chopped s. pickle
3 hard-cooked eggs
6 green olives, chopped
1 Tbs. prepared mustard
1/2 cup mayonnaise
2 Tbs. lemon juice
1 tsp. salt
1/4 tsp. pepper
1 tsp. ea. fresh herbs, chopped: basil, thyme, chervil, marjoram

Wash and boil potatoes until tender. Peel and slice. Mix in gently with wooden spoon the celery, onion, pickle, cooked eggs, and olives. Combine remaining ingredients and pour over potatoes, mixing gently. Refrigerate several hours before serving.

Vinegar Herb Dressing

1/4 cup red wine vinegar
1/2 tsp. dry mustard
2 cloves garlic, minced
1 tsp. dried basil
1 tsp. dried tarragon
1 tsp. dried marjoram
1/2 cup olive oil

Combine in a blender or mixing jar. Chill before drizzling over fresh salad greens.

Creamy Herb Salad Dressing

1 cup buttermilk
1 Tbs. fresh chives, chopped
1/2 tsp. dried dill weed
1/4 cup fresh parsley, minced
1/4 tsp. dry mustard
1 clove garlic, minced
1/4 tsp. salt
1/8 tsp. ground black pepper

Sliced Tomatoes with Basil Sauce

Slice fresh ripe tomatoes. Drizzle over them a mixture of:

1 Tbs. freshly chopped basil leaves
2 Tbs. olive oil
2 Tbs. grated Parmesan cheese

Herb-Stuffed Tomatoes

Select 6 firm tomatoes. Do not peel. Remove stems. Cut deep hollows in the stem ends of each, scooping out and reserving the pulp in a small bowl. Salt tomatoes and invert on a rack to drain.

6 slices bacon
1 cup chopped green pepper
1/2 cup chopped onion
2 stalks celery, chopped
3 Tbs. butter, melted
1 cup grated cheese

1 cup bread crumbs
1 egg, beaten
1/2 tsp. dried oregano
1/2 tsp. dried basil
dash garlic salt
dash pepper

Fry bacon and crumble. Sauté green pepper, onion, and celery in melted butter. Combine in bowl with tomato pulp, cheese, bread crumbs, beaten egg and seasonings. Fill tomato cavities with mixture and place in baking dish. Bake in 350° F. oven 15-20 minutes.

Herb Vegetable Salad

1 cup cooked sliced carrots
1 cup cooked peas
1 cup cooked green beans
1 cup sliced celery, raw
2 Tbs. chopped green onions
1/2 cup chopped green pepper

1/4 cup vinegar & oil salad dressing
1 tsp. fresh oregano leaves, crushed
1 tsp. fresh basil leaves, crushed
1/4 tsp. garlic powder
1/8 tsp. salt
2 fresh tomatoes, peeled, cut in chunks

Combine ingredients, tossing lightly. Chill before serving.

Chicken Salad with Marjoram

2-2 1/2 cups cooked chicken, cubed
2 hard-cooked eggs, chopped
1 cup seedless white grapes, halved
1/2 cup chopped walnuts
1 cup finely chopped celery

Combine and refrigerate.

Sauce

1 cup mayonnaise
1/2 tsp. lemon juice
1 tsp. fresh marjoram, chopped

Combine ingredients. Pour over chicken salad and toss gently.

Simple Herb Salad

(Salad for two)

Salad:

1 med. ripe tomato,
skinned & sliced
1/2 cucumber, peeled & sliced
1 small onion sliced
1 hard-cooked egg chopped
1/4 small head iceberg lettuce,
broken into bite-sized
pieces

Dressing:

2 Tbs. olive oil
1 Tbs. wine vinegar
or lemon juice
dash salt & pepper
1/4 tsp. dried oregano
1/2 Tbs. freshly chopped
dill

Toss salad ingredients together. Mix dressing and pour over salad.

Beverages

Tomato Juice with Herbs

2 qts. tomato juice
1/2 tsp. salt
2/3 cup sugar
1/4 cup bottled lemon juice
OR juice of 1 lg. lemon
1/2 clove garlic, minced

1/2 tsp. tarragon
1/2 tsp. basil
1/2 tsp. majoram
1/2 tsp. savory
lemon slices

Mix ingredients and let stand 8-12 hours in refrigeration. Just before serving float lemon slices in glasses.

Herb Cooler

3 Tbs. sugar
1/2 cup water
2 Tbs. fresh rosemary
leaves, chopped
Dash salt

1-8 oz. can frozen
lemonade concentrate
juice of 1 lime
1 qt. of ginger ale

Combine sugar, water, rosemary leaves and salt in a small saucepan and simmer for several minutes. Cool. Pour through a strainer into a large pitcher with final three ingredients. Pour into ice-filled glasses.

Lemon Cooler

4 Tbs. mint leaves, chopped
4 Tbs. lemon balm leaves, chopped
Juice of two lemons
2 Tbs. sugar
1/4 cup boiling water
2 qts. ginger ale

Mix the sugar and boiling water in a small pan until sugar is dissolved. Let cool. Pour into a refrigerator jar and add remaining ingredients, except ginger ale. Just before serving, add ginger ale. Pour over crushed ice in tall glasses.

Anise Tea

Use 1 star cluster anise seed per cup

Bring water to a rolling boil and pour into teapot over desired number of star cluster anise seeds. (Do not use a metal teapot.) Steep 4-8 min.

Mint Tea

12 sprigs fresh mint
1 regular tea bag
Juice of 1 lemon
6 cloves
1 qt. boiling water

Combine ingredients in a ceramic teapot and pour boiling water over them. Let steep half an hour. Strain. Reheat to serve or pour into jar to refrigerate for later use.

Herb & Spice Tea

3 star anise seeds
1 Tbs. fennel seed
1 stick cinnamon
1 tsp. cloves
Juice of 1 orange
1 qt. boiling water

Combine ingredients in a teapot and pour the boiling water over them. Allow to steep 45-60 minutes. Strain and refrigerate for later use.

Rosemary Tea

1 Tbs. dried rosemary leaves
1/2 Tbs. dried rosemary blossoms
1 qt. boiling water

Place ingredients in a teapot and pour boiling water over them. Allow to steep 30 min. Delicious with a few drops of honey.

Desserts using Herbs

Lemony Caraway Pound Cake

2 cups butter
2 cups sugar
9 eggs, separated
2 tsp. lemon extract
1/2 tsp. mace
4 cups cake flour, sifted
1/2 tsp. cream of tartar
1/2 tsp. salt
2 tsps. caraway seeds
2 tsps. grated lemon peel

In a large bowl cream butter and sugar. Beat in the 9 egg yolks, one at a time. Add lemon extract and mace and beat well. In a separate bowl combine the sifted cake flour, cream of tartar, salt, caraway seeds and lemon peel. Add to egg mixture gradually, blending thoroughly. In a separate small bowl whip the 9 egg whites until stiff but not dry. Gently fold into batter. Pour into a greased 10-inch tube pan or into two greased loaf pans. Bake in 325° F. oven 60 minutes. Dust with powdered sugar, or serve with warm Lemon Balm Sauce. (Below)

Lemon Balm Sauce

3/4 cup sugar
4 Tbs. water
1 Tbs. fresh lemon balm or lemon verbena leaves
2 Tbs. butter
Juice of one lemon
Dash salt

In a small saucepan boil sugar and water several min. until syrupy. Add lemon balm leaves and cook 5 min. Remove leaves. Add butter and salt. Continue cooking over low heat, stirring constantly, until sauce is desired thickness.

Anise Gingerbread

1 tsp. anise seed
3/4 cup boiling water
1/2 cup chopped orange peel & raisins
1/2 cup strained honey
2 1/4 cups sifted all-purpose flour
1/2 cup sugar
1 1/2 tsps. baking soda
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. fresh grated nutmeg
1/2 tsp. powdered cloves

Soak anise seed in the boiling water 5 minutes. Combine chopped peel, honey, and sugar. Stir the warm anise seed water into honey mixture. Mix well until dissolved. Sift dry ingredients and spices. Combine with honey mixture until smooth. Turn into greased loaf pan. Bake in 350° F. oven an hour.

Candied Mint Leaves

30-40 fresh mint leaves from your kitchen garden
2-3 egg whites, beaten stiff
1/4 cup granulated sugar

Gently brush (use pastry brush) the egg whites on mint leaves. Place leaves on waxed paper and sprinkle with sugar. Set oven at 225° F. and place waxed paper in oven until leaves dry.

Mint-Flavored Ice Cream

Finely chop mint leaves and sprinkle them over vanilla, chocolate, or coffee ice cream. Serve immediately.

Little Aniseed Cakes

4 cups all-purpose flour
1 cup sugar
1/2 tsp. salt
4 Tbs. anise seed
2 cups butter, softened
2 eggs, beaten

In a mixing bowl sift together flour, sugar, and salt. Add anise seed. Blend in softened butter, then eggs. Roll out dough to half-inch thickness and cut into rounds or other desired shapes. Bake in 350° F. oven 18-20 min.

Shaker Caraway Cookies

(Eggs provide the only liquid in this recipe)

1 cup butter
2 cups sugar
4 eggs, beaten
4 cups flour
1/2 tsp. salt
1/2 tsp. soda
2 tsps. baking powder
2 Tbs. caraway seed

Cream butter and sugar. Blend in eggs. In a separate bowl sift together dry ingredients. Gradually blend dry mixture into egg mixture. (If dough is sticky, add a bit more flour.) Chill dough. Roll out dough very thin on floured surface and cut rounds. Bake in 375° F. oven on greased cookie sheet for approx. 10 min.

Country Squash Pie

1 unbaked 9'' pie shell
1 lg. butternut squash
4 Tbs. butter
4 Tbs. brown sugar
3 eggs separated
3 Tbs. flour
1 cup chopped apple
2 Tbs. fresh parsley chopped
1 Tbs. fresh lemon juice
1/4 tsp. salt
1/4 tsp. dried tarragon

To prepare squash, cut lengthwise and remove seeds. Place cutside down in shallow baking pan and add just enough water to cover bottom of pan. Bake in 375° F. oven 40 min. (till squash is tender and fleshy). Scoop out 2 cups of the cooked squash pulp and combine with butter and sugar. Add egg yolks and remaining ingredients. Beat egg whites until stiff and fold into mixture. Pour into pie shell and bake 55-60 min. in 375° F. oven or until tests done in center.

Sour Milk Country Herb Pie

1 9-inch unbaked pie shell
2 eggs, separated
1 cup sugar
1/4 tsp. salt
3 Tbs. flour
2 cups sour milk
(or buttermilk)
1 tsp. vanilla
1/2 cup melted butter
1 tsp. dried basil
1/2 tsp. dried thyme
1 Tbs. grated lemon peel
Egg whites

Beat egg yolks and set aside. In a large bowl combine sugar, salt, and flour. Blend in sour milk, melted butter, egg yolks, and vanilla. Add herbs and lemon peel. Beat egg whites until stiff but not dry and gently fold into mixture. Pour into pie shell. Bake in preheated 325° F. oven 35-40 min. Pie should be relatively firm in center when done. Serve with fresh fruit. Try 50 mins

Anise Cookies

2 cups sugar
1 cup butter, melted
1 tsp. vanilla
6 eggs, beaten
4 Tbs. crushed anise seed
4 1/2 cups all-purpose flour
1 Tbs. baking powder
1 tsp. salt
1 cup chopped walnuts

Combine sugar, melted butter, vanilla, eggs and anise seed. Sift together flour, baking powder and salt and beat into first mixture. Stir in nuts. Drop by teaspoonfuls onto greased cookie sheets. Bake in 375° F. oven 12-15 min.

Herb Vinegars

Herb Vinegars

Herb vinegars provide yet another form of preserving herbal flavors when the fresh plants are not available. The vinegars are made by flavoring a basic wine or cider vinegar with specific proportions of herbs, allowing the mixture to age for a period of time.

Tarragon Vinegar

3 Tbs. fresh tarragon leaves, bruised	1/2 clove of garlic
2 whole cloves	1 qt. cider vinegar

Combine ingredients in a jar with tight lid. Let stand 24 hours. Remove the half clove of garlic, tighten lid again and let jar stand 12-14 days in a warm place. Strain vinegar into a sterilized bottle with tight-fitting cork. Store in a cool, dark place.

Uses for Tarragon Vinegar

Add a dash of Tarragon Vinegar to sour cream for baked potatoes, to cream sauce for asparagus and artichokes, to fish, to soups and chowders, to salads and salad dressings. Mix a few drops of Tarragon Vinegar with several drops of olive oil and sprinkle over sliced tomatoes.

Rosemary Vinegar

10-12 sprigs fresh rosemary
1 qt. cider or white wine vinegar
1/2 tsp. sugar

Combine in a jar and screw lid on tightly. Turn jar upside down on lid and let stand overnight. Continue to turn jar daily for two weeks. Then remove resemary sprigs and add fresh sprigs. Also add another 1/2 tsp. sugar. Repeat the turning process for the next 10-12 days. Then strain vinegar into a sterilized bottle with tightly fitting cork. Store in a cool, dry place.

Uses for Rosemary Vinegar

Try Rosemary Vinegar on salads, particularly on potato salad; sprinkle it on french fries and fried potatoes.

Specialties

Herb-Scented Apple Jelly

An excellent use for fresh lemon verbena is the scenting of home-made apple jelly or crab-apple. Prepare jelly according to whatever recipe you are using. A minute or two before you remove your jelly from the heat, take a little bunch of lemon verbena (which you have previously bound together and bruised the leaves), plunge the leaves into the hot jelly and swish around 60 seconds or until you reach your desired lemony taste.

Pop Corn with Herbs

2 qts. freshly popped corn, salted
1/2 cup (1 stick) butter
1/2 tsp. salt
1 clove garlic, minced
1 tsp. rubbed sage
1 tsp. dried rosemary

In a small skillet melt butter with remaining ingredients. Stir well. Drizzle over popped corn and lightly mix with a wooden spoon to coat corn with mixture.

Herb Cornbread Stuffing

(For Turkey or Chicken)

1 1/2 cups onion, finely chopped
1 1/2 cups celery, finely chopped
1 stick butter or margarine
4 cups cornbread, crumbled
6 cups dry bread crumbs
3/4 tsp. salt
1/8 tsp. ground black pepper
1/2 tsp. dried sage
1/2 tsp. dried thyme
3/4 cup chicken broth
2 eggs, beaten

Sauté onion and celery in butter 3-5 min. Stir into mixture of cornbread and bread crumbs in a large bowl. Sprinkle seasonings over mixture and toss gently. Combine chicken broth and beaten eggs and pour over stuffing. Mix lightly. (Recipe makes 9 cups or enough for a 12-14 lb. bird.)

Garlic Butter

(For Steak or Bread)

2 cloves garlic
1/4 cup water
4 Tbs. butter

In a small saucepan boil garlic 5 min. Drain off water and crush garlic in a mortar. Blend crushed garlic with butter. Brush on hot toasted bread or steak just before serving.

Sage Butter

(For Chicken)

1/2 tsp. dried sage
1/4 cup butter
1/2 tsp. lemon juice

Blend ingredients and brush on chicken.

Rosemary Butter

(For Lamb)

1 Tbs. fresh rosemary leaves,
    finely chopped.
1/4 cup butter
1/2 tsp. lemon juice

Baste grilled lamb chops

Tarragon Butter

(For Steak and Chicken)

1 Tbs. fresh tarragon leaves, crushed
    (Or 1/2 tsp. dried tarragon)
1/4 cup butter
1/4 tsp. lemon juice.

Blend.

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Hints for Cooking with Herbs

1. Fresh herbs are preferable to dried or frozen because the fresh are more flavorful.
2. Fresh herbs just gathered have a stronger flavor on hot, sunny days.
3. To substitute dried herbs for fresh, use one half to one third the amount of dried herbs in a recipe calling for fresh herbs. (Even this measurement can vary, depending upon the strength of some herbs.) The best procedure is to flavor lightly until you are familiar with the different herb flavors and their relative strengths.
4. Any herbs not in finely ground form or cooked tender should be removed by straining before serving. (Bay leaf, garlic.)
5. Add herbs the last 20-30 minutes of cooking, except for bay leaf which may be cooked for several hours. Other herbs, however, lose their flavor if exposed to heat longer than 30 minutes. Herbs need only to be exposed to heat long enough for their oils to release their flavors.
6. Most dried herbs lose their essential flavor after seven or eight months.
7. Some herbs, including parsley, chives, and tarragon cannot be dried with any real success. Either freeze them or use them fresh.
8. Fresh herbs used in soups, omelettes, sauces, etc., should be finely chopped, minced or shredded.
9. Herbs can be used individually for flavoring or in combinations.
10. Fresh herb leaves and/or seeds can be rubbed in pork, fish, or fowl before browning.